



## GROUP EXERCISE

Led by amazing instructors, our group fitness classes offer community, energy and motivation to create a transformative experience and deliver fitness results. Enjoy your favorite workouts, from cardio and dance (like Zumba!) to strength-training, conditioning and yoga, all conveniently located right here at The CORE!! All classes are expertly designed to keep you moving toward your best self, and best of all, classes are included in your membership!

**Aquacise**— Tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights and noodles.

**Belly/Latin Fusion**—Is a fusion of Latin and International music that creates a dynamic, exciting, and effective workout.

**Cardio Strength**-- This interval-based **class** combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance

**Tabata** - Tabata interval training is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for.

**Pilates**—Each session is a full-body workout emphasizing form and proper body alignment to increase strength, muscle tone, flexibility, coordination, and balance, with unlimited opportunity for advancement.

**Power Yoga** – If you're looking to improve your flexibility, alleviate stress, and get a great workout, power yoga is the perfect activity for you! Come join us and let your mind and body work together to improve your fitness and mood. All levels of yogis welcome!

**Serenity Now** - Compliment to any exercise routine. Increase health and performance with anatomy meditation & breathe training, reflexology, joint decompression, posture analysis and *painless* soft foam roller.

**Spin Fitness** — Something for everyone! Intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music hand-picked to motivate and inspire! This is a great workout if you want to burn calories and increase endurance. Come on in for the ride!

**Spin Fusion** Looking for a total-body workout that provides great cardio and plenty of core strength training? Look no further than Spin Fusion—a unique combination of strength training and high-energy spinning. You'll build strength, gain flexibility, and get a heart-pumping (and fun) spinning workout, all in one class!

**TRX Functional Training**—Using both the TRX and RIP trainers in this class provide a unique mix of exercises that develop and improve core strength, coordination, balance, stability, endurance, and flexibility. This moderate to high intensity interval class focuses on building true functional strength by using "All Core, All the Time". Although this class primarily uses the TRX system, it also incorporates other pieces of equipment, such as the Bosu, medicine balls, kettle bells, battling ropes, and dumbbells to enhance your workout.

**Vinyasa Yoga** - Vinyasa is a dynamic Yoga with an emphasis on breath/body movement. We hold poses, but our focus is on the transition between poses and the body control we develop therein.

**Yoga**—Encourages the mind and body connection and helps to relieve stress, improve breathing and mental focus, and to build strength, stamina, balance, and flexibility.

**Yoga 360** - If you're looking to improve your flexibility and alleviate stress, yoga 360 is the perfect activity for you! This class focuses on meditation and relaxing movements to clear your thoughts, elongate your muscles, and relieve tension. Come join us in this Hatha Vinyasa Yoga inspired class and let your mind and body work together to improve your fitness and mood. All levels of yogis welcome!

**Zumba, Zumba Toning, Zumba + Abs**—Hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

## GROUP EXERCISE SCHEDULE

**September 4th, 2017 – October 1st, 2017**

### Monday

5:45 AM	Power Yoga	Studio 1	Chris M.
8:00 AM	Pilates	Studio 1	Raechel T.
9:00 AM	Aquacise	Pool	Sally M.
9:15 AM	Tabata	Studio 1	McKenzie E.
10:30 AM	Yoga	Studio 1	Chris M.
11:45 AM	TRX	Studio 1	Alma
5:00 PM	Belly/Latin Fusion	Studio 1	Miranda
6:15 PM	Spin Fusion	Studio 2	Robin
6:30 PM	Yoga	Studio 1	Chris M.
7:45PM	Zumba + Abs	Studio 1	Sonrisa

### Tuesday

6:00 AM	TRX Functional Training	Studio 1	Sharon / McKenzie
8:00 AM	Spin Fitness	Studio 2	Jennifer
9:30 AM	Beginner TRX	Studio 1	Raechel T.
10:45AM	Belly/Latin Fusion	Studio 1	Miranda
12:00 PM	Yoga	Studio 1	Jennifer
6:00 PM	TRX Functional Training	Studio 1	McKenzie E.
7:30 PM	Zumba + Abs	Studio 1	Sharon M.

### Wednesday

8:00 AM	Pilates	Studio 1	Raechel T.
9:00 AM	Aquacise	Pool	Sally M.
9:15 AM	Yoga	Studio 1	Jennifer
11:45 AM	TRX Functional Training	Studio 1	McKenzie E.
6:00 PM	Zumba Toning	Studio 1	Miranda
7:05 PM	Vinyasa Flow Yoga	Studio 1	Gloria P.
7:45PM	Zumba	Studio 2	Sharon M.

### Thursday

6:00 AM	TRX Functional Training	Studio 1	McKenzie
8:00 AM	Spin Fitness	Studio 2	Jennifer
9:15 AM	TRX Functional Training	Studio 1	McKenzie E.
10:45 AM	Belly/Latin Fusion	Studio 1	Miranda
12:00PM	Yoga	Studio 1	Jennifer
6:15 PM	Yoga 360	Studio 1	Gloria P.
6:15 PM	Spin Fusion	Studio 2	Raechel T.
7:15 PM	RIP	Studio 2	Fitness on Demand
7:15 PM	Aquacise	Pool	Vivian
7:30 PM	Zumba	Studio 1	Gabrelle / Michelle

### Friday

8:00 AM	Spin Fitness	Studio 2	Robin.
9:00 AM	Core Flex	Studio 2	Robin
9:00 AM	Aquacise	Pool	Sally M.
9:15 AM	Yoga	Studio 1	Gloria P.
10:30 AM	Serenity Now	Studio 1	Sophia
12:00 PM	Zumba	Studio 1	Michelle S.
6:00PM	Zumba	Studio 1	Sharon M.

### Saturday

8:00 AM	Zumba	Studio 1	Sharon M.
8:00 AM	Yoga	Studio 2	Chris M
9:15 AM	Aquacise	Pool	Sally M.
9:15 AM	TRX Functional Training	Studio 1	McKenzie E.
10:30 AM	Zumba Toning	Studio 1	Miranda
1:00 PM	RIP	Studio 2	Fitness on Demand

### Sunday

2:00 PM	Zumba + Abs	Studio 1	Sharon M.
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Classes are subject to change. Changes will be posted at the Front Desk. We apologize for any inconvenience. If you can't find a class that meets your schedule, check out **FITNESS ON DEMAND**. Classes when you want them and what format you want. Please see Fitness Attendant for details.

**No Classes Sept 4<sup>th</sup> for Labor Day**

